

In partnership with



Start how you Intend to Continue

Ashley Jones
Strength Coach

In Association with



Weight Room to Field



My Strength Training Philosophy

- ⊗ **Exercise choice should be most bang for buck (free weight, compound movements) and programmed accordingly to the individuals' strengths and weaknesses (Heavy & Basic)**
- ⊗ **Training time should be less than 75 mins, with appropriate rest periods and sufficient volume, this should be more than easily accomplished**
- ⊗ **A strong foundation of strength should be built before trying to accomplish speed and power. Strength underpins all other physical components in the gym**
- ⊗ **Unilateral movements should be included in any good program to identify and help correct weaknesses**

Philosophy cont.

- ⊗ **Focus on the muscles you cannot see (pulling movements for both upper body and lower body). Also includes the highly neglected rotator cuff exercises**
- ⊗ **Movements NOT Muscles, Athletic NOT Aesthetic**
- ⊗ **Different loading protocols for different movements for different individuals (any program should be adjusted for the individual, not the other way around)**
- ⊗ **Technique should ALWAYS dictate the load used, not the opposite**

Philosophy cont.

- ⊗ **Change the core movements and assistance exercises every 3 to 4 weeks to attain the best adaptations from the neural system. Use a variety of angles, bars, loading patterns, and equipment variations to sort out what best works for you and what transfers to your sport.**
- ⊗ **Anything you do in the gym must crossover into your chosen sport/activity. Be specific with exercise selection and loading protocols. (explosive v non-explosive exercises)**
- ⊗ **The ability to train is governed by the ability to recover, so less is often more. (Full Body versus Split Training)**

Questions & Quotes

- ⊗ What game do we play in the strength training facility? Joe Kenn
- ⊗ Remember who you are training.
- ⊗ Football is a game of movements, train movements not muscles. Joe Kenn/Vern Gambetta
- ⊗ **“Everything works, but nothing works forever” Louie Simmons**
- ⊗ **“It’s all about the buy in you get from the players you have in the environment you help create” Damian Marsh**

Process

Regular one on one interviews

Who is the best player in your position? &
What makes him/her the best?

What is your limiting factor for improved
performance?

How do we program what you need to do
into the team week plan to ensure you are
doing what you need to get better?

Process

Treat each player like an individual,
Individualise to Prioritise to Optimise

Training age dictates degrees of freedom/self
determination

Exercise selection chart

Loading methods and cycles

Training Split

Quadrant Management

Level 1 – No discussion

Level 2 - Discussion

Level 3 – Discussion

Level 4 – Available for discussion and guidance but the player decides

INITIAL FOCUS

Movement Patterns

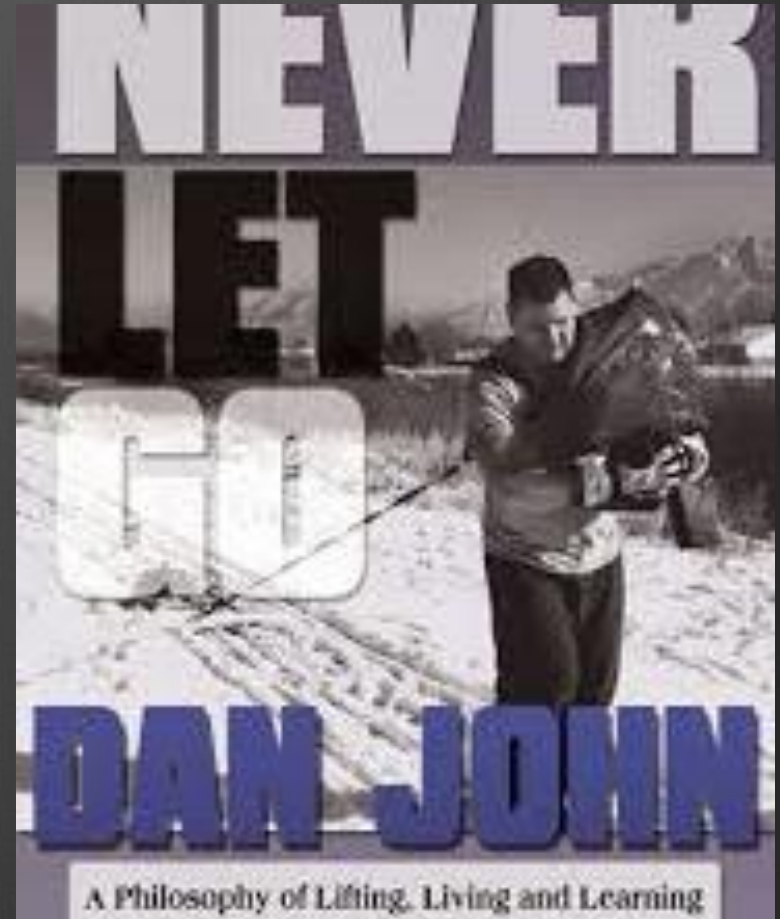
Dan John 5 basic movement patterns

(loaded carries, squat, hinge, pull, push)

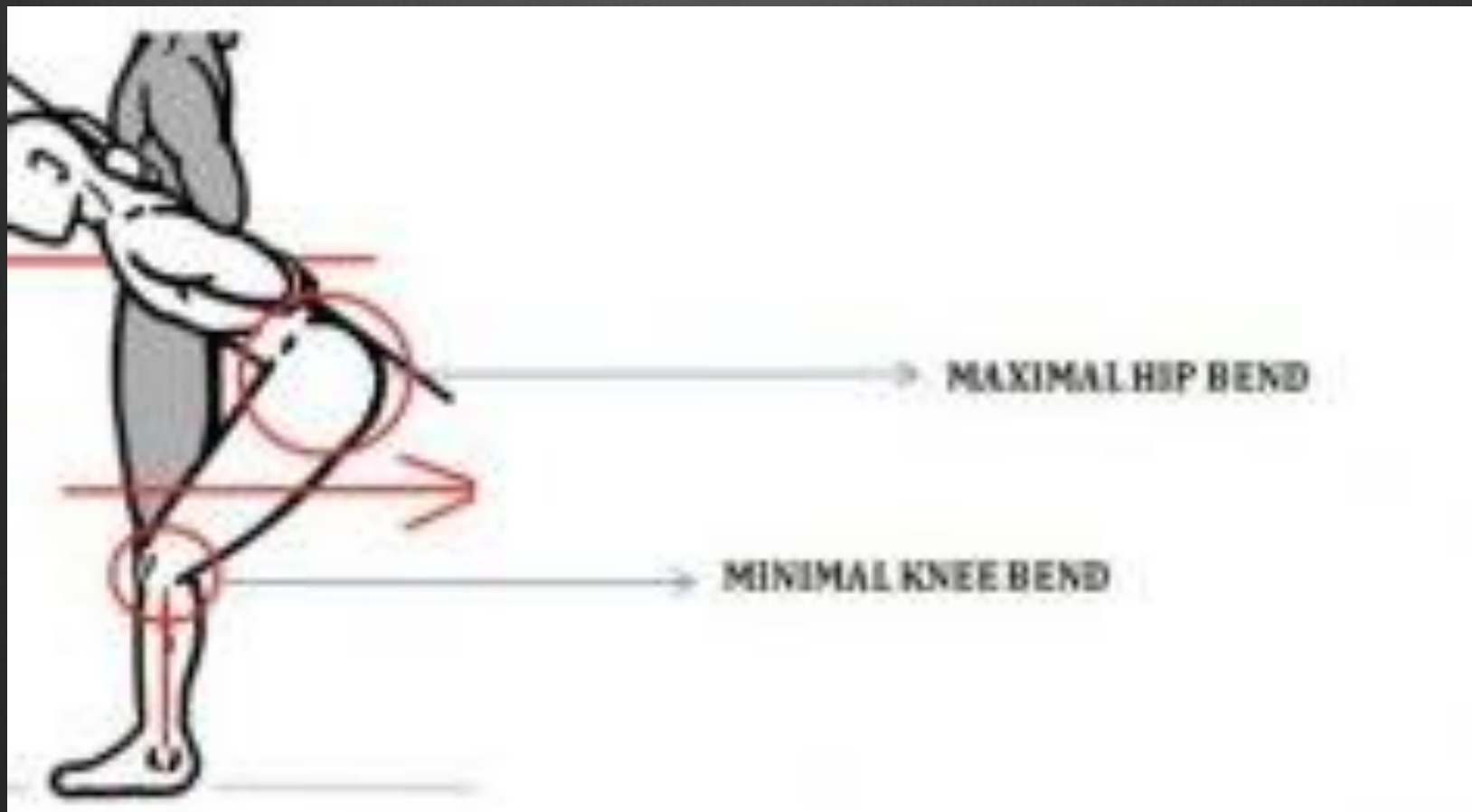
Mobility drills

(Strength without mobility & flexibility can be a liability)

LOADED CARRIES



HIP HINGE



MOVEMENT



Movement Patterns-

It is a continuous series of positions that are organized together to complete a specific task and have a distinct beginning and end.



Strength Programming

- ⊗ **Three (3) days per week off season**
- ⊗ **45 – 75 minutes each session**
- ⊗ **Mobility & Preparation/Stretch**
- ⊗ **Types of Sessions**
 - ⊗ **Lower Body Push & Pull, Upper Body Push & Pull + Loaded Carry**
 - ⊗ **Lower Body Push & Pull, Upper Body Push & Pull**
 - ⊗ **Pull, Push & Squat**

How Strong is Strong Enough?

Matt McManus (July 29, 2011)

- ⊗ “there is a point in all sports where increases in strength no longer result in increases in performance”
- ⊗ “there is a certain level of strength which is essential for any athlete to reach his potential”
- ⊗ How much strength, how long it takes to develop, is individualised
- ⊗ Relative v Maximal Strength, program shift to speed and RFD

FINAL THOUGHTS

- ⊗ Are your preferential biases for a certain type of training getting in the way of making your players better GAA players
- ⊗ Are you training players to pass specific fitness tests or training them to be better GAA players
- ⊗ Irrespective of how fitter, faster, stronger you make your players you will be judged purely on the win/loss record of the team

YOU MUST CHOOSE



BUT CHOOSE WISELY